

Stan Gardner Sensei

Stan Gardner was drawn to Aikido and its flowing techniques after experiencing several different martial practices that did not value a peaceful resolution. After training with several masters of the art he found the direct connection to the heart of Aikido through Vince Salvatore a direct apprentice of Saito Sensei in Iwama Japan, the guardian of the Aikido Shrine. Gardner Sensei has been a top instructor for Aikido of Reno Since 1995.

SESSIONS:

February 2005 to January 2006
Monday and Thursday each week

TIME:

Ages 3-7 from 5:15pm to 6:00pm
Ages 8-18 from 6:00pm to 7:00pm

FEE:

\$45.00 : CYS member per session
\$63.00 : non-member

(1st session includes CYS membership) \$45.00 per session thereafter.

Classes will be held at CYS (bldg 145)

Registration is due by the first day of each session. Minimum of five (5) and a maximum of twenty (20) for youth ages 3-7 years of age, and a minimum of five (5) and a maximum of thirty five (35) students for youth ages 8-18 years of age.

For more information about registering for the class call:
Marsha Olsen or Lanaya Chapman at (530) 827-4696.

Classes will not be held on national holidays, installation holidays or during Sierra Army Depot special events.

Aikido's circular flowing techniques are fun, effective, and can be learned by anyone regardless of size, age or gender. Men, women, children and seniors all find Aikido appealing because its techniques are not based on pitting one's strength against another's. Self-esteem, concentration, awareness, and focusing power are greatly enhanced allowing balance and calmness to be maintained in all situations of daily life.